

STAGES OF ALZHEIMER'S DISEASE



Alzheimer's usually progresses slowly in three general stages: early, middle and late. In a medical setting, these stages are sometimes called "mild," "moderate" and "severe."

The symptoms of Alzheimer's worsen over time, but because the disease affects people in different ways, the rate of progression varies. On average, a person with Alzheimer's may live four to eight years after diagnosis, but some people live as long as 20 years.

FDA-APPROVED TREATMENTS FOR SYMPTOMS

Currently, there is no cure for Alzheimer's, but non-drug treatments and medications may help with memory, thinking and behavioral symptoms for a period of time. It's important to talk about treatments with your doctor, starting with non-drug options.

Visit Oklahoma.gov/health/OHBI or Alz.org for more caregiver resources.





Early Stage

In the early stage, a person may function independently, but people who know the individual well may begin to notice difficulties. These can include:

- Problems coming up with the right word or name for something.
- Trouble remembering names when introduced to new people.
- Difficulty with familiar tasks.
- Forgetting something that was just read.
- Getting lost in familiar places.
- Increasing trouble with planning or organizing.



Middle Stage

Middle-stage Alzheimer's is usually the longest and can last for many years. As the disease progresses, the person living with Alzheimer's will need more help. In this stage, symptoms will be noticeable to others and may include:

- Forgetting events or one's own personal history.
- Feeling frustrated, angry or withdrawn.
- Confusion about where they are or the day of the week.
- Trouble controlling bladder and bowels.
- Changes in sleep patterns.
- A higher risk of wandering and becoming lost.
- Personality and behavioral changes.



Late Stage

Major personality changes can happen in the final stage of Alzheimer's. The person will need a lot of help with daily activities and personal care. In the late stage, individuals may:

- Lose awareness of recent experiences as well as of their surroundings.
- Go through changes in physical abilities. This may affect their ability to walk, sit and eventually, swallow.
- Have more trouble communicating.
- Be at higher risk of infections, especially pneumonia.